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FALL 87

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Table of Contents

Calendar of Events.....	2
Flea Market.....	2
New Touch for health workshop.....	3
Going to the dentist.....	3
Epstein-Barr virus, CEBV syndrome and SIDES.....	4
Fatty Acids as Anti-Viral Agents.....	5
Candida Therapy expanding.....	7
Fungal cross-reactivity.....	7
Cooking with quinoa.....	8
Poor indoor air: sick buildings.....	10
Air purifiers for government offices.....	10
Natural paints and sealers.....	11
Healthy household hints.....	11
Living the natural life.....	12
Reader's corner.....	12
Classifieds.....	13
Incinerator in our city?.....	14

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President's message

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It has been the Ottawa executive's aim to present various topics at the general meetings. The choice of topics is usually based on member's experiences. It has to be noted, however, that no single method of treatment will lead you to recovery. Often it takes an integrated approach which you will have to choose for yourself.

The meetings and workshops we have been offering are great ways to learn. Questions you may have are responded to and shared with others. You will also find that badly-needed support which may be lacking at home.

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continued on page 3...

Our Thanks

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Virginia Salares
(interim)

Distribution: Marjorie Seward

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PAT GORGAS
JANET LEE
SANDRA KASPROWICZ
PEGGY OLSTHOORN
JOANNE VAN DRAANEN
WAYNE GIRARD

Flea Market

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There are many, many organizations who participate and the hall where the Market is held is a hive of activity. It's lots of fun and the timing is right for Christmas.

Drop-off points for toys, books, knick-knacks, linens, clothes, sports equipment, electrical appliances, jewellery, crafts, etc, etc, or any article which is in clean and working condition are:

EAST END: Vince Guenette, 6395 Lumberman Way, Orleans, 824-6744.

WEST END: Janet Lee, 1273 Rideout Crescent, Ottawa, 828-2547, Carolyn McCoy, 951 Dresden Crescent, Ottawa, 596-1498

KANATA: Lynda Brooks, 97 Village Green, Kanata, 831-2865, and Marjorie Seward, 13 Millman Court, Kanata, 592-4824.

Donations can also be dropped off at Lansdowne Park from 6-8 pm on Friday, the 27th of November. Volunteers wanted! If you would like to help with the Flea Market, please call Virginia Salares, 839-5667. See you at the Fair!!

+ Workshop

Events Calendar

Thursday, November 19
7:30 pm

Exercise Enthusiasm in Rebuilding Health with Moira Geller.

Saturday, November 28,
Sunday, November 29
10 am - 5 pm

Country Fleamarket, Lansdowne park.
Bring your donations to the drop-off points (see article) or to Lansdowne Park on Friday the 27th from 6 - 8 pm.

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Update in Clinical Ecology.
Dr. John Molot.

All events will be at the McNabb Community Centre unless otherwise specified.

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Eco-Sense

Touch for Health workshops

A few of our members have been using Touch for Health in their program for recovery. Touch for Health is based on applied kinesiology techniques and it deals with balancing the body's energies. There are meridians, which are like energy circuits, and each meridian is associated with specific organs (e.g. heart, spleen, liver, etc.). The muscle tests detect imbalances in the meridians. An imbalance (between left and right) suggests energy blockage in the meridian or the specific organ being tested.

How useful is Touch for Health? Through the muscle tests, you can determine which organs are blocked or stressed. One can therefore map out the parts of the body that are weak at that particular time. There are strengthening techniques to restore balance, and therefore enable the organ to function. The energy balancing is best done by another person, although with a few exceptions, one can restore balance in oneself. No doubt, using these techniques will increase one's self-awareness. The benefits can become apparent during a reaction (e.g. triggered by something in the environment). Strengthening the organs that have previously been

determined by the muscle tests to be weak as well as others can bring relief or attenuation of the symptoms.

By knowing which meridians or organs are weak, one can help that organ to function by other methods such as herbs, detoxification methods, supplementation or mind techniques such as visualization. The methods that can be used from this point on are endless.

Applied kinesiology can be used in testing foods and supplements. The results, which depend to a certain extent on the tester's expertise, should be taken as qualitative and not absolute. Repeat tests should be made to confirm results.

The workshop to be presented to HEF members only is intended to introduce Touch for Health techniques and guide one in using the Touch for

Health manual (\$22 from Wheat Germ). Couples will benefit learning, as one spouse can test and balance the other. Two single persons also can work together.

If sufficient interest is indicated, a separate workshop "Specially for Kids" can be planned in the future.

Space is limited, please reserve ahead of time. Touch for Health book by John Thie required. Phone 839-5667.

Going to the dentist?

With the attention presently being given to mercury amalgams, prudence should dictate that no more new mercury amalgams be placed in the mouth. Many dentists are still not aware of the mercury problem and they continue to use mercury amalgams. These amalgams set more quickly than the acrylic polymers and therefore take less time.

Children especially should not be given any mercury fillings.

As an alternative, P-10 and P-30 fillings are suggested. These have been found to be tolerated by many. The base or cement used between the tooth and the filling should also be chosen carefully. Hal Huggins in his book "It's All In Your Head" cautions against DYCAL. Glass ionomer is acceptable.

For anyone who thinks that the mercury amalgams are contributing to their health condition, it is suggested that they read Hal Huggins' book first before having them removed.

President

...continued from page 1

organization. I have enjoyed working with hard-working members of the executive.

After nearly ten years since I stoppoed working as ar research chemist, I am preparing to return to work. My daughter, Rachel, who has been the primary reason for my staying home and who could not go to schrr for the last three years, is now attending her regular Grade 4 class full time. I call it no less than a success!

We need more people to come forward and give some of their time to enable the organization to carry on. It is at the executive level where you can learn first hand different means of getting well. If you are beyond this stage, you can help others by sharing your knowledge and experiences.

Unless we hear a favourable response for the positions that are open, we will have to cut back on many of our activities, possibly including Eco-Sense. Please help us out!

HEF elections 88

A new slate of officers will be elected to the Executive of the Ottawa Branch of the Human Ecology Foundation of Canada in January.

The term of office is two years but many of the present Executive members have been serving for more than one term and they have made a terrific contribution.

The success with which the Foundation serves the needs of the membership is due to the efforts of those in the membership who are well enough to give some time to the organization on a volunteer basis.

No experience is necessary, just a willingness to help. This is a good opportunity for members who are regaining their health or who are well enough to contribute for the benefit of those who need the support our

organization provides. It is also a great way to learn some skills associated with various positions in a relaxed, understanding environment. And volunteer work now counts on a resumé of work experience.

Positions available

President
Vice President (Publicity),
Secretary,
Assitant to Librarian,
Co-Editor of Eco Sense.

Some of the Executive members need helpers so if you are interested in getting involved please be ready to vote at the January meeting and/or get in touch with the person who is in a position that you are interested in.

Epstein-Barr virus, CEBV syndrome, and SIDES

In recent months, quite a few people were afflicted by the Epstein-Barr virus. The notes which follow were researched to gain an understanding of the virus and its effects on humans.

In the 1960's, laboratory investigations were started to find the causative factor for a type of lymphoma prevalent in children in Africa. The virus was discovered in 1963 by electron microscope studies. It was identified to be a member of the herpes family but it was unique in that it failed standard biologic tests for viruses. Appropriately, the Epstein-Barr virus was named after its discoverers, M. A. Epstein and Y. M. Barr.

It is now known that the Epstein-Barr virus is disseminated worldwide and is associated with two human malignant tumors - Burkitt's lymphoma and nasopharyngeal carcinoma. Its etiologic role has also been shown in Hodgkin's disease, chronic lymphatic leukemia, lymphocytic lymphoma and also in other diseases. It has been identified to be the cause of infectious mononucleosis.

The initial observation that the virus could be cultured from cell lines of healthy individuals and patients with a variety of clinical conditions is now understood. The virus can be harbored as a non-productive latent infection. In a latent infection, a small number of lymphocytes carrying the viral genome is present in the circulation. The virus cannot be detected from freshly removed and disrupted cells; it becomes manifest only when the intact cells are cultured in a medium away from the host. The latent infection is activated by liberating the infectious virus to infect and transform uninfected host cells. Productive infection, on the other hand, occurs in the oro- or nasopharynx with liberation of the infectious virus in the buccal fluid. It is this infectious virus shed in the mouth which is transmitted horizontally and is responsible for natural primary infections.

The virus gains access to susceptible. Epstein-Barr virus

antibody-negative individuals via the oropharynx and sets up a productive infection at this site. The virus replicative cycle involves synthesis of viral DNA, assembly of virus particles leading to cell death (lysis), and virus release. The process and its consequences can be held in check if the infecting dose is small and if the individual physiologic (including factors related to age) and genetically determined immunologic resistance prevails. No symptoms are produced and the infection is clinically inapparent. Natural primary infections in childhood usually take place without disease manifestation but can also occasionally be accompanied by the fully developed disease.

The Epstein-Barr virus is disseminated worldwide and is associated with two human malignant tumours.

If the primary infection is delayed until late adolescence or young adulthood, this event leads to infectious mononucleosis in about 50% of the cases. Delayed natural primary infection is more frequent in affluent societies. In lower socioeconomic groups such as in developing countries, almost all children are infected before the age of ten. Very few young adults are susceptible and infectious mononucleosis is virtually unknown.

The size of the viral dose and mode of infection (contrast direct methods such as kissing and, very rarely, blood transfusions to indirect methods of exposure such as air-borne dissemination), together with the host physiologic and immunologic state as has been mentioned, determine the occurrence of infectious mononucleosis. Infectious mononucleosis only occurs in individuals without antibodies to Epstein-Barr virus. B (bone marrow-derived) cells are involved in the infection. During infectious mononucleosis, EBV genome-

...continued on page 5

WE
INVITE
YOU TO JOIN
US

Membership in the Human Ecology Foundation of Canada includes a subscription to the Foundation's Quarterly magazine and Branch publications, which cover the latest developments in prevention and treatment of environmental illness. The Branches provide and hold meetings, lectures and other activities in each area. To become a member, complete the form below and mail it along with your cheque or money order (payable to the Human Ecology Foundation of Canada) for \$20.00 to: The Human Ecology Foundation of Canada, P.O. Box 11428, Station H, Nepean, Ontario, Canada. K2H 7V1.



Name _____

Address _____

Postal Code _____

Telephone _____

I am enclosing a cheque — money order — for \$20.00 to cover one year's membership in the Human Ecology Foundation of Canada.

*Optional - This membership is a gift to the above from _____

(Optional) In addition, I am enclosing a donation of \$_____ to further the purposes of the Foundation. (All donations are tax deductible as charitable donations).

Corporate Sponsorship \$100.00.

Fatty Acids as anti-viral agents

The recognition of a Systemic Immunodeficient Epstein-Barr Virus Syndrome, and the increasing number of patients with the HTLV-III linked Acquired Immunodeficiency Syndrome (AIDS) and other viral diseases have spurred pharmaceutical companies to develop anti-viral agents. New agents in the form of analogues of nucleic acid metabolites have been synthesized in order to inhibit viral replication. However, many of these agents exert toxic effects to the host cells.

An alternative approach is the use of known safe chemicals such as fatty acids and their glycerol esters. Fatty acids have been known to be germicides for centuries, and more recently their glycerol esters have been shown to be more active.

Infants who are breast-fed are known to have a degree of resistance to viral infections compared to those fed synthetic or cow's milk. It is the high concentration of free fatty acids and monoglycerides in human milk which shows marked broad spectrum antiviral activity. Cow's milk which is lacking in this antiviral activity is low in monoglycerides but high in

triglycerides.

Fatty acids are unique pharmacological agents because they are toxic to lower forms of life but non-toxic to humans and animals. Their biochemical pathways in the body are well known and their metabolic products are non-toxic. Caprylic acid, a fatty acid with less than ten carbon atoms, is known to affect yeasts such as *Candida*.

The most active fatty acid chain length against microorganisms is twelve carbon atoms - lauric acid, present in many animals and plants and shown to possess wide spectrum activity against fungi and viruses.

Esterification to the monoglyceride Lauricidin (Monolaurin) makes it more active.

Monolaurin is reported to have activity against Semliki forest virus, 14 human RNA and DNA-enveloped viruses, lipid containing bacterial viruses and the mammalian herpes simplex virus. But it has no effect on disease caused by polio, coxsackie, rotaviruses, Western equine, Venezuelan equine and Japanese B encephalitis viruses. In studies at the Center for Disease Control in Atlanta,

Georgia, Monolaurin was tested for virucidal activity against 14 human RNA and DNA enveloped viruses in cell culture. It removed all measurable infectivity by disintegrating the virus envelop. The antiviral activity appears to be in the destruction of the outer lipid envelope of the viruses. By disrupting the lipid envelope, attachment to susceptible host cells is prevented. Clinical studies have shown that Monolaurin is effective against lipid enveloped viruses such as Herpes I and II, Epstein-Barr virus, influenza and cytomegalovirus. Included also is HTLV virus, one of three virus groups which may be involved in AIDS.

Monolaurin is contained in VIRICIDIN (90 mg Lauricidin in an antioxidant base of BHT and Zinc picolinate) and in MONOLAURIN (300 mg Lauricidin in a base of inosine).

References: Documented product literature for Viricidin and Monolaurin

Epstein-Barr virus

continued from page 4

containing B-cells are present in blood in high numbers, at least 5000 times more numerous than in latent infection.

The EBV antigens have been fully characterized. Different kinds express themselves in various stages of the viral cycle. The disease usually takes a benign course, but sometimes is accompanied by severe complications. Vague symptoms are usually followed by fever, sore throat and extensive cervical lymphadenopathy. The spleen is often enlarged and liver involvement, leading to abnormal liver-function tests, is frequent. Uncomplicated, it may last two to four weeks or prolonged to several months.

A new syndrome called SIDES (Systemic Immunodeficient Epstein-Barr Virus Syndrome) or CEBV (Chronic Epstein-Barr Virus Syndrome)

is attributed to the virus. While mononucleosis takes its normal course and leaves, SIDES has many similar symptoms but lingers for months and years. The distinction between infectious mononucleosis and SIDES is revealed by specific serological tests, wherein the concentrations of the different antigens are mapped out. A physician can order these blood tests.

References:

The Epstein-Barr Virus, ed. by M.A. Epstein and B. G. Achong, Springer-Verlag, New York 1979

SIDES: A New Face on an Old Disease by Arnold Fox and Barry Fox, in *Let's Live*, Sept. 1987

Chronic Epstein-Barr Virus, What Is It and The Role of Chronic Epstein-Barr Virus in Environmental Illness: Evidence and Theory by Dana Miller, in *The Human Ecologist*, no. 33.

Suribachi Suppers
Vegetarian 'wide-macrobiotic'
Dinner
Every Thursday 6:00 pm
A self-serve buffet with
variety and choice: soup,
main courses, condiments,
grains, land and sea vegetables,
desserts, cereal coffee, teas.
Using the best available
ingredients, ORGANIC if possible;
spring water. Menu varies
weekly. Congenial Company.
Location: Church of the Ascension,
253 Echo Drive, near Pretoria Bridge.
\$12/person; children \$6. Ron or Toki
Reservations: R 237-6628



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820-4200
Kent MacLeod, B.Sc. Pharm.
George O'Donnell, B.Sc. Pharm.

Stevenson's Nutri-Chem Pharmacy

350 Elgin Street
232-7366
Etienne Misagaro, B.Sc. Pharm.

We guarantee the best prices on
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(excluding prescriptions)

Examples

Gamma oil	\$34/180 caps.
Capricin	\$26/100 caps.
Ascorbic acid	\$28/kg powder
	\$15/500 g powder

At Nutri-Chem price should not be an issue.



Candida therapy expanding

Sustained proliferation of the common intestinal yeast infection *Candida albicans* can lead to the pathogenic condition of systemic chronic candidiasis.

But *Candida albicans* is not the only culprit. According to leading clinicians, other fungi-related organisms are also raising havoc in compromised hosts. As a result, therapies directed at systemic candidiasis (or more accurately, intestinal dysbiosis) are now beginning to encompass a broader range of potential mycotic pathogens.

According to Dr. Sherry Rogers, Clinical allergist and board member of the American Academy of Environmental Medicine, *Candida albicans* is only one of a number of pathogenic organisms involved in the "yeast syndrome". Rogers states that "it is naive to think that *Candida* is the only fungus or mould that can cause symptoms". Dr. Rogers has been successful in treating difficult *Candida* patients using allergenic extracts originating from a variety of fungi.

Of an estimated 100,000 species of fungi, mould and yeast, about 50 are considered pathogenic to humans. Only a few are known to cause disease in a healthy human host. Most are opportunistic, attacking when the host has become compromised. These opportunistic (or secondary) fungi, including species of *Candida*, *Aspergillus*, *Rhizopus*, *Mucor* and *Penicillium*, are normally harmless inhabitants among the more than 200 species of intestinal microflora. But when the body's natural defence network is altered, these organisms, like *Candida albicans*, can proliferate and invade host tissue.

Physiological stressors such as immunosuppressive steroid drugs (the Pill), antibiotics, alcohol, environmental pollutants, psychogenic stress, poor diet and others can alter the gastrointestinal environment, disrupt the balance of symbiotic microflora and weaken the body's immune system, allowing aggressive pathogens to proliferate. The result is a release of a variety of pathogenic antigens and toxic by-

products, creating a complex etiology that includes symptoms ranging from allergies, anxiety and arthritis-like joint pain to more serious, life-threatening diseases such as endocarditis and meningitis. This may help to explain the complex symptomatology associated with systemic candidiasis.

Aspergillus fumigatus, a known opportunistic fungus, can cause pulmonary, systemic and cutaneous infections of malnourished or immune-compromised individuals. These organisms grow rapidly in a carbohydrate environment and have

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demonstrated an ability to produce mycelia capable of penetrating the intestinal mucosa to the bloodstream.

Other species of *Candida*, including *C. tropicalis* and *C. pseudotropicalis*, have been associated with vaginitis and intestinal dysbiosis. Species of *Trichosporon* and *Geotrichum* have also exhibited symptoms similar to those identified in mucocutaneous candidiasis.

It is believed that this complex etiology may involve opportunistic viruses and bacteria as well, including Cytomegalovirus, Epstein-Barr virus, Herpes simplex I and II, *Clostridium difficile* and *Chlamydia*. As more becomes known about the roles these organisms may be playing in intestinal dysbiosis, and how to effectively deal with them, new therapies are expected to evolve. In the meantime, contemporary modalities of dysbiosis treatment are encompassing a wide range of known opportunistic fungi.

Fungal cross-reactivity: evidence supports yeast and mold

Evidence shows that cross-reactions between various dietary environmental and intestinal fungal antigens trigger immune responses in the candidiasis patient and may be responsible for impeding recovery. As a result, yeast and mould avoidance therapy is receiving greater emphasis in the *Candida* treatment protocols employed by leading health care practitioners.

Multiple allergies are common in *Candida* patients, many of whom complain of both yeast and mould hypersensitivities. Studies by Dr. Jaques Sclafer have demonstrated that incidences of multiple and severe allergies to yeast and moulds tend to be significantly higher in immunocompromised patients with systemic candidiasis. Dr. Sclafer has found that a majority of his *Candida* patients

showed symptomatic improvement when foods containing yeast and mould were eliminated from the diet. According to Sclafer, even vaginal itching in vaginitis was significantly reduced in women on a yeast- and mould-restricted diet. Many highly sensitive patients are known to react to airborne fungi and mould spores as well, and must avoid damp, musty environments.

Most fungi-related species possess similar glycopeptide allergens that share common antigenic and allergenic determinants. Fungi are known to produce "C"-reactive compounds which, when introduced into the body, react non-specifically with immunoglobulins, triggering immune responses. This mechanism may be why mycosis patients are often sensitive to a wide variety of diet and

environmental fungi-related constituents, and may also be why the problem can be further complicated with systemic disorders of multiple mycotic origin.

Among 255 patients with chronic urticaria, 49 reacted to *Candida albicans* antigens. Out of these 49, 55% also reacted positive to brewer's yeast (*Saccharomyces cerevisiae*). After treatment with anti-fungal therapy including a low-yeast diet, 27 of the 49 experienced a clinical cure. Similar results were demonstrated employing a yeast-free diet with mucous colitis.

Dr. C.O. Truss in his book *The Missing Diagnosis*, has indicated that chronic exposure to environmental, dietary and intestinal fungi-related organisms can increase the *Candida* patient's total antigenic load, resulting in further immunological suppression of an already compromised immune system, thus inhibiting recovery. In *The Yeast Connection*, Dr. G. Crook emphasizes the avoidance of damp, musty environments and yeast/mould-containing foods, including mushrooms, yeast breads and pastries, ripened cheeses, unpeeled and/or mouldy fruits, nuts and vegetables, vinegar and vinegar-containing condiments, MSG, beer, wine, coffee and black tea.

The two preceding articles are from: *Current Topics in Clinical Nutrition and Natural Medicine*, Vol. I, no.1, 1987. Articles are provided with bibliographies.

HELP!

The Ottawa branch of the Human Ecology Foundation needs your financial support. Please include the foundation in your charity plans this year. Help yourself and others by making a donation.

Make cheques payable to the Human Ecology Foundation. A receipt will be issued for income tax purposes.

Send to:

Human Ecology Foundation (Ottawa)
Box 11428, Station H,
NEPEAN, Ontario
K2H 7V1

Cooking with quinoa

Quinoa (pronounced keen-wa) was the sustaining food of the Inca Indians of South America. To them it was the source of their strength and so they had great respect for it.

Quinoa is often referred to as a grain but it is NOT in the GRAIN/GRASS family. It is in the *Chenopodium* Family, closely related to beets and spinach. Because we have not grown up eating it frequently we are less likely to be sensitive to it. Uncooked quinoa looks like sesame seeds. It has a protective coating of a bitter substance called saponin which must be washed off before it is cooked. This saponin is not toxic. Agronomists speculate that this substance protects quinoa from insects. All quinoa is grown

organically.

Quinoa is essentially gluten-free and is high in fibre. It is a good source of vitamins B and E, calcium and many other minerals. Quinoa is one of the best sources of protein in the vegetable kingdom. The amino acid profile is like that of whole dried milk. It is high in lysine, methionine and cysteine. Quinoa is a complete protein and can be a main course.

How to cook quinoa

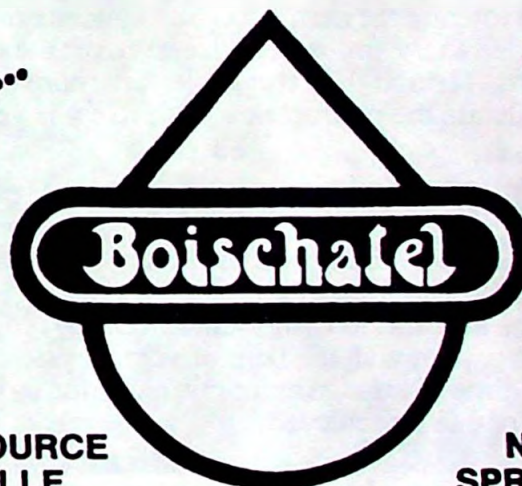
Cook quinoa like rice. Use 1/3 cup per serving. Rinse two or three times and discard rinse water. Add twice as much water as quinoa and a

continued on page 10...

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The Tester Program

One of the problems which people with environmental hypersensitivity have (among a multitude of others) is the purchasing of nutritional supplements and subsequently discovering that they cannot tolerate the product for some reason. The result is many, many bottles of supplements collecting on a shelf somewhere with only a few used. This practice is expensive and wasteful but until now it was an unavoidable burden associated with nutritional supplementation therapy for ecological type illnesses. It is time to address this wasteful problem.

Although we cannot offer this program for every single product we sell, OTTAWA CHEMISTS CLINIC PHARMACY is now offering, for sale, small quantities of our private brands and major sales items, for a testing opportunity, for a small premium over the regular selling price.

Here's how it works.....Say you want to try a vitamin E 400 I.U. natural product and our Havervites brand costs \$11.95/100 caps. The product is a lot of money and you are worried that you may not tolerate the item. You can now buy a "tester size" which we will make up for you for a premium added to the pro-rated price to cover the cost of the effort. In this case the cost would be \$1.80/10 caps. Though the 10 capsules are more costly per capsule, the risk of first purchase to see if you can tolerate the product you wish to try is very much reduced.

Insurance coverage

Nutritional supplements can be costly and the common ones are usually not covered by insurance plans.

If you are an Ontario Drug Benefit (ODB) recipient many of these products can be made to be covered by this plan with the help of your physician.

Call anytime to arrange an opportunity for us to review your supplements so eligibility for ODB coverage can be achieved.

Nutritional supplements on prescription

Always get prescriptions for your nutritional supplements. Products on prescription cost no more, improve the quality of your health care monitoring and may provide you with valuable tax deductions or credits (if they cannot be reimbursed by insurance plans).

Our ongoing sale

Buy any 5 of the same nutritional supplement product at the regular price and obtain a 25% discount. People should group together and save. It's sensible, sociable, and thrifty!

We hope you like our programs and services. Your comments and suggestions are always appreciated.

Poor indoor air: sick buildings

These days, people are finding sick buildings everywhere. Sick buildings that ooze formaldehyde vapors, fungi, bacteria, carbon monoxide, insecticides, radon and other noxious substances.

It's a little unnerving that such a problem should blossom at a time like this, when we have retreated into our homes, sealed up the cracks, closed the windows, filtered the air, reprocessed the water, double locked the doors, trip-wired the windows, floodlit the yards - all to protect ourselves from the dangers out there, the crime and the pollution, to save ourselves from a society and technology run amok. We have retreated behind our walls, huddled in our climate-controlled palaces and ... then the problem begins. Our places of sanctuary turn against us.

As in the horror movies, the line between overwrought imagination and scary reality blurs. What is dangerous and what is not? Is that runny nose the start of a cold or a response to the green slime hiding in your air conditioner? Is that headache due to natural causes or a formaldehyde vapour emitted by the wood panelling?

The problem has gotten to a point that the environmentalists throughout the world have been trying first to cope by, in true bureaucratic fashion, searching for a definition of what a sick building is. "The closest we've gotten so far," says Dave Mudari of the U.S. Environmental Protection Agency, "is that when the residents don't know what's making them sick, and we the experts don't know, then it's a sick building."

No one knows how many buildings are sick but there are undoubtedly more than most of us imagine. One of the major problems is lack of awareness. People may think it's their diet, or the flu, when it's something in the building. Scientists figure that the biggest indoor polluter is that old nemesis, cigarettes. Researchers are guessing that "environmental cigarette smoke" tobacco smoked by other people - accounts for 5,000 to 50,000 deaths a year, from lung cancer and other ailments. The second biggest danger

appears to be radon, a radioactive gas that slips into a house from the natural radiation in the ground. Radon never used to be much of an environmental concern, but with today's tight houses, it's becoming one in a big way.

The third, formaldehyde, is all around us. In the past century it has become one of the most prevalent chemicals found in Western civilization. Used mostly as a glue or protective coating, it is found in carpeting, draperies, insulation, particleboard, plywood, wood panelling, cigarettes, paper towels, deodorants, detergents, pharmaceuticals, insecticides, textile dyes, dental fillings, and Sanforized cottons. Most of these items don't

present a problem. The danger comes when the product is incorrectly made - too much formaldehyde in it - or is so new that it "off-gases," sending free formaldehyde into the room. As a vapor, formaldehyde can sting the eyes, irritate the nose and make one's throat raw. It can "sensitize" people, giving them lifelong asthma or allergies.

Court cases are piling up. The largest manufacturer of particle board now has 100 outstanding suits against it. Complaints are cropping up all over. Formaldehyde may be the next asbestos. The best exposure to it is no exposure.

Excerpted from *The Miami Herald*, Jan. 15, 1987

Air purifiers for gov't offices

by Anne Castle

At least two government departments, Privy Council Office and the Treasury Board will purchase air purifying machines for the environmentally sensitive with the submission of an ordinary doctors prescription indicating the need for the machine.

Unless the type of the machine is specified in the prescription, the government will purchase the Bionnaire 1000 machine suited to small offices and meeting rooms. The machine moves with you when you

transfer to another government department.

In addition, each federal government department is creating Health and Safety Committees which are established to investigate complaints and make recommendations to senior management about improving working conditions in government offices pursuant to the Canada Labour Code, Part IV. Environmentally sensitive employees are urged to write to the health and safety committee about working conditions which are not healthy and safe.

Quinoa - food of the Incas

...continued from page 8

little salt if desired. Put all in a pot and bring to a boil, reduce heat and simmer 15-45 minutes. Most varieties of quinoa cook in 20 minutes but some are take longer, so allow 45 minutes the first time you cook it. When done, stir with a fork - it won't be sticky. You may use it as a cereal, as a vegetable, or in a stew with other vegetables. Cold, cooked quinoa can

be made into instant pudding. Blend banana and a little sweetener with quinoa in a blender. The flavour of quinoa is delicate and delicious and combines well with all foods. Enjoy!

(from "Super-Foods" of the Aztec and Inca Indian by Marge Jones, R.N.)

atural paints and sealers

To finish furniture, wooden floors, trims, etc., CRYSTAL AIRE or RIGHT ON dries fast and is acceptable to most chemically-sensitive in 2 to 4 days. It gives a nice finish, comparable to lacquer but without the noxious, lingering odour of most commercial products. The satin finish is preferable to the glossy, perhaps due to the presence of fewer ingredients.

Crystal Aire effectively seals formaldehyde from particle board and plywood furniture. Several coats have to be applied to seal off any gassing out.

Crystal Aire is unsuitable where moisture is likely to be high.

Window trims and moist areas coated with Crystal Aire start to peel off in a short time. Direct sunlight and moisture are adverse combinations. CRYSTAL AIRE is made by Pace Industries Inc, 710 Woodlawn Drive, Thousand Oaks, California 91360, (805) 496-6224, \$30 US/gallon + 6\$/gallon delivery. In Canada, order from Wim de Groot, 1107 Highgate Place, Mississauga, (416) 625-5415

A new company called LIVOS in New Mexico is marketing non-toxic paints made of natural ingredients. One of their products is an enamel paint, which is a far cry from the strong, nauseating and toxic odour of regular enamel paints. Distinctly smelling of citrus, it is pleasant to apply, and some may not need a mask. The sensitive individual would best relegate this job to a stronger individual in spite of the lemony scent. The lemon odour goes very

slowly, and therefore any painting should best be carried out in the summer. The primer which is recommended with the paint had no trace of odour after a few days. Considering how terribly difficult it is to find a tolerable primer, the new LIVOS products are very much welcomed.

An oil finish called KALDET is water-resistant and can be used for interior and exterior woodwork. If finishing is desired (not sealing formaldehyde), this oil resin can take the place of CRYSTAL AIRE. A naturalwood preservative, shellac, lacquers, furniture wax, wallpaper paste, spackling compounds, soaps,

shoe polish and artists' colours are among the LIVOS products. The address: LIVOS Plant Chemistry, 614 Aqua Fria Street, Santa Fe, New Mexico, USA 87501, Catalog costs 1\$ US

HEF Ottawa has purchased samples of most of the LIVOS products for members to test. Although many of the products are good, some are more acceptable than others and we suggest that you test them for tolerability.

The samples can be borrowed for a two week period at a cost of 4\$. Please return the samples promptly so others can use them. Reserve by phoning V. Salares at 839-5667.

Healthy household hints

DON'T burn colour newsprint or magazines in your fireplace. Lead in the inks can seep into the room in dangerous levels. Remember wood smoke contains particulates and carcinogens - use glass doors - no pressed logs which are full of petrochemicals.

DO rinse fruits and vegetables in a basin in a solution of water and 1/4 cup vinegar before brushing or peeling to remove lingering pesticides. (Note: this will not remove pesticides in the bulk of the produce.)

DO use milder products for tough cleaning jobs and banish caustic chemicals from your kitchen. Baking soda and vinegar can be used for clogged drains or a plunger or

plumber's snake. An all-purpose disinfectant like borax works on toilets. For toilet rings a paste of borax and lemon juice applied and scrubbed after two hours works well.

DON'T eat mold-tainted food even if you trim off the visible mold. The toxins that its growth produces can penetrate deep into the food.

DO remember that the four big non-toxic cleaning aids are borax, vinegar (both are good anti-mold agents as well as cleaners), baking soda and salt.

DO layer crushed aquarium stones on top of houseplant soil to inhibit mould growth and mould spores lifting into the room air.

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by Dr. A Puharich, M. D.

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Living the natural life

By Greg Etue, B.Sc.Pharm.

Here are some ideas on how to live a more natural lifestyle:

1) Make an agreement with yourself to take the best care of yourself and then learn how to do it.

2) Prepare your own food. Do not eat out more than 2 or 3 times a week.

3) Get the amount of sleep your body wants. Do not burn the candle at both ends. Get to bed early and get up when you are rested. Listen to your body. It will guide you.

4) Start to exercise. In addition to work, play and activity around the house, exercise three times a week at least 15 minutes per time. Do anything which might raise a sweat.

5) Quit smoking.

6) Drink alcohol less. Preferably, do not drink at all. If you must drink, consume no more than one standard drink size of an alcohol beverage per day.

7) Schedule leisure time for yourself first. Schedule your work and private commitments second. Keep to the schedule. At least one hour a day should be devoted to quiet time. Spend the time anywhere. Some like the bathtub.

8) Now that you are preparing your own food, learn to make some meals with food that does not come from a box or a jar. In other words, eat fresh food. Fresh food is cheap, fun to obtain and prepare and tastes great.

9) Avoid overt chemical exposures. Gasoline, oil, cleaning fluids, insect killers, solvents, fuels, etc.

10) Avoid all processed foods, sugar and fats. Restrict or eliminate the consumption of red meats, pork and lamb. Eat poultry or fish in addition to vegetable proteins such as soys. Use whole wheat unpreserved flour in baking. Drink skim milk and eat skim milk dairy products. Eat lots of vegetables and salads and do not overcook them. Fresh is best. Consume some unrefined vegetable oils daily. Butter is better than margarine but use it only sparingly.

Use small amounts of honey, molasses or maple syrup to replace sugar. Read package labels for contents. If there is a listing in the contents you do not understand, do not use the product until you do.

11) Drink 6 - 8 eight ounce glasses of non-caffeinated, non-alcoholic beverages a day. Good ideas include fresh juices and clean, fresh spring water.

12) Limit the consumption of caffeine containing products to 1 glass or less a day.

13) Drink spring water or purify your water source. Tap water, untreated, contains many chemicals which can be removed by purification.

14) Get outside into the out-of-doors as much as possible.

15) Eat breakfast everyday. Breakfast should be your most substantial meal.

16) Eat your food slowly and chew your food well. Have meals in a calm, pleasant atmosphere where you can relax a little before you begin to eat.

17) Because aluminum has been associated with some diseases, avoid it.

18) Read a good preventative health care magazine regularly such as PREVENTION MAGAZINE.

19) Avoid insidious (gradual and cumulative) chemical exposures. Your body can come into contact with human-made chemicals from such things as make-up, creams, perfume,

deodorants, newsprint, toothpaste, anti-perspirants, soaps and synthetic textiles such as clothing, rugs, bedding, curtains and towels. Acceptable materials include wool, cotton and silk.

20) For excellent ideas, a fine reference library and positive contacts with people having similar concerns, join The Human Ecology Foundation.

21) Start taking a complete vitamin and mineral supplementation program.

22) Grow your own vegetables.

23) Start to eat organically grown foods.

24) Start to eat a macrobiotic diet.

25) Avoid all unnecessary use of "therapeutic" or recreational drugs. Consult your doctor before discontinuing a prescription medication.

26) Exercise briskly daily for 15 to 30 minutes and participate in fun sports activities as often as possible.

27) Avoid hair dyes, perms, unnatural shampoos and conditioners.

28) Decide once and for all that no one takes better care of you than you and you must take responsibility for your own health.

29) Evaluate the chemical and sociological stresses you must cope with at home, play, work and travel between these locations. Some real sacrifices have to be made to avoid the effects of these stresses on your health.

Reader's Corner

by: V.R. Salares

Should I take Vitamin C supplements? Which form and how much should I take daily?

The importance of vitamin C cannot be overemphasized. In contrast to animals which can produce the vitamin in their bodies, man does not have this capability and therefore depends on ingesting it. The value of Vitamin C as a detoxifying agent is recognized. It helps remove toxins from the body and it is needed especially in a modern society like

ours with environmental pollutants from many different sources.

Some people argue that they are eating so many fruits and therefore feel that they are taking more than their daily requirements. When the body is not functioning optimally or is under stress, the requirements for Vitamin C can be quite high. It is not uncommon that the body needs 1-2 g of Vitamin C/day. Assume that an organic orange contains of the order of 80 mg of Vitamin C. A non-

continued on page 14...

ssifieds

WANTED: Stainless steel enema can. Call 746-3938 evgs.

FOR SALE: Many 1 and 2 litre glass jugs for sale \$0.25 each. Useful for juice, water or maple syrup. 821-2640.

TRANSPORTATION: Can you offer a ride? Do you need a ride to H.E.F. meetings and events. Let's make it possible for members without transport to participate. I am compiling a list which will serve for the coming year. Call 729-2659.

FOR SALE: 50 to 100 lbs. organic beef. Phone M. Gaudreau, 684-2086.

WANTED: Professional, "ecological" haircut: Am looking for a woman (non-smoker) who would be willing to give me a professional haircut in my home (downtown Hull) every 6 weeks/two months. Should refrain from wearing perfume, hairspray, or any other perfumed products. 777-4138 between 9:30 am to 3:00 pm, or evenings.

WANTED TO RENT: Ecologically clean, inexpensive, quiet,

country house to rent, preferably near water. Within 15 miles to Ottawa, Quebec side if possible. Call Peggy, 230-3076 days.

FOR SALE: Aller-Med Air Purifier, excellent condition, phone Brenda, 684-4579.

WANTED: Pot luck dinner coordinator to receive phone call inquiries, coordinate various small jobs for the dinner. Can be fun for interested person. Once or twice a year only.

We've often been asked to recommend an environmentally-oriented physician in the Montreal area. One member suggests Dr. June Irwin, 175 Stillview, Suite 131, Pointe Claire, Québec, H94 4J3, (514) 697-7980.

Anyone not receiving phone calls prior to the meetings, and would like to hear from us, please call Janet Lee at 828-2547.

For sale: 16 cu foot freezer \$125. Well gassed-off. Excellent condition. Phone Fred 829-7518.

Library Notes

by Joanne van Draanen

Please note that the H.E.F. Library is relocating as of November 13, 1987 to Roosevelt Avenue in the West End. Therefore the library will not be operational for a week before and a week after the move. Bell Tel. will redirect phone calls because the new number is not yet available. I need a volunteer to help me with the Library - cataloguing, filing, acting as back-up to set up the mini library at H.E.F. meetings.

Tape library

by Pat Gorgas

We have recently purchased a tape duplicator which now enables us to sell copies of the tapes we have at the library at minimal cost. Packages of the tapes from the April 1987 Conference in Clinical Ecology (14 tapes in all) can be ordered. Orders may be placed through Pat Gorgas at 224-0801.

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Incinerator in our city?

The Regional Waste Plan Task Force has released a Waste Management Master Plan for Ottawa-Carleton. Among the plan's recommendations is the construction of an Energy From Waste plant, otherwise known as an incinerator.

This unit will burn 635 tonnes of refuse per day and it would generate over 83 million kilowatt hours of electricity per year. The waste plan itself acknowledges that contaminants such as particulates, heavy metals, particularly lead, hydrocarbons, including dioxins and furans, oxides of nitrogen, hydrogen chloride and hydrogen fluoride will be emitted from the incinerator stack. This stack could be up to 350 feet high in the final design.

The incinerator stack would provide for the release and dispersion of toxic vapours and particles. Incineration turns many everyday

materials, like plastics and synthetic fabrics, into highly toxic gases to be dispersed and breathed in or absorbed by unsuspecting people, animals and plants. Even low levels of toxins taken into the body day after day can play havoc with the immune system and make people environmentally hypersensitive and sick. If an incinerator must be built, it should be situated far away from the city or any heavily populated areas to minimize the hazards. The garbage intended for the incinerator could alternatively be fairly safely contained in a landfill site that was properly planned and operated.

It is time we raise our voices to oppose the construction of the incinerator. We cannot allow a 'toxic cloud' to sweep down on us. At present, we are already exposed to pollutants from a multitude of sources. The emissions from the incinerator

will increase our toxic burden.

Please give your support by sending copies of the enclosed letter to the people list below:

1) At 111 Sussex Drive, Ottawa, Mayor Jim Durrell, City of Ottawa. Three members of the Waste Plan Task Force: Alderperson George Kelly (Overbrook), Alderperson Daryl Kent (Alta Vista), Alderperson Joan O'Neill (Billings)

2) At 222 Queen Street, Ottawa, Chairman Andy Haydon, Regional Municipality of Ottawa-Carleton. Two members of the Waste Plan Task Force: Councillor Claudette Cain (Gloucester), Councillor Frank Reid (Nepean), (Mr. Reid is chairperson of the Task Force)

3) Local MP'S AND MPP'S.

Please lend your support and be actively involved. Contact Wayne Girard at 521-0624.

Reader's corner

...continued from page 12

organic orange can be estimated to have less. One would have to eat 40 oranges (containing say 50 mg Vit C each) to supply 2g of Vitamin C. It is easy to see that even a well balanced diet would be an inadequate source of the vitamin.

During infections associated with colds, the body's need for the vitamin is heightened and dosage may reach 6-8 g or over per day, divided throughout the day.

The number of formulations and brands of Vitamin C that are available can be quite confusing. The choice is simplified by classifying the formulations into three basic groups in which the Vitamin C is in the form of ascorbic acid, calcium ascorbate or buffered ascorbic acid. The first is exemplified by Quest Bio-C 500(sago palm) or Jamieson Super Rose Hips, and the second by Quest or Jamieson Calcium Ascorbate.

Basically, an individual will find one form of the vitamin best suited to their body chemistry. There are

individual differences in the body pH. The vitamin C should match the body's acidity-alkalinity, and the form taken should not alter the body's acid-base balance. Those who are on the acid side would do better with the ascorbic acid form while those on the alkaline side would do better on calcium ascorbate. As very rough guide, quick metabolizers (usually characterized as impulsive, making decisions quickly) have more acidic body pH than slow metabolizers (characterized by being more passive, laid back). It is also possible that someone with a very sensitive acid-base metabolism may need a buffered form of the vitamin.

One can try a conservative dose (e.g. 500 mg) of either ascorbic acid or calcium ascorbate for a number of days to a week then try the other. The brands mentioned are good to start with as they are of high purity and therefore no other variables such as an ingredient that is not tolerated will come into play. The individual should be able to find which is suited for him

by making acute observations.

The daily dosage can be determined by trial and error. Start with a low daily dose of 250mg. Increase by 250mg increments daily. Note when a tendency to diarrhea develops. The right dose is obtained by stepping down. There are also kits which you can order through your pharmacist to enable you to determine your daily dose. As already mentioned, Vitamin C requirements during periods of high stress may exceed your average dose.

The amount of vitamin C needed by the body is very individual. While one person may be able to take 2-3 gram of Vitamin C comfortably, another may have discomfort (too frequent bathroom trips, back pain, abdominal cramps, etc.) from only 500 mg daily. One possible reason is that the amount taken may be too stimulating, inducing detoxification at a faster rate than the body can handle. In such a case, the dosage and/or the frequency of supplementation should be reduced.

The Natural Health Care Directory Le répertoire des ressources en santé holistique

The greatest discovery in our generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives." William James (1950)

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